

**Trail Guide**  
**Week of May 4, 2020**

Last Sunday, we looked at the acronym, FEAR as a way of helping us to “Overcome FEAR”. Adam Hamilton shares this acronym in his book, Unafraid, page 27, and then throughout the book. I’ve adapted two letters in his acronym, keeping the F and the R intact. We know that worries, fears, anxieties come no matter what. It’s part of the human condition. In times of heightened anxiety, I find it helpful to have a strategy based on scripture to help me confront and overcome whatever the concerns that have come my way. There is no “one size fits all” formula, but our earlier acronymn (C.A.L.M.) and this one (F.E.A.R.) are offered as two “strategies” to help us turn from fear to faith. I pray you find these helpful, and this week’s especially, as shared in the Trail Guide below. If you want more background on each, please visit our website for the sermons on 4/19 (CALM) and 4/26 (FEAR). The letter F invites us to Face our fears with faith. E encourages us to Express our anxieties to God and others. A reminds us to Anchor our lives in Christ (not our circumstances)p. The letter R encourages us to Release our cares to God. This week, and throughout this sermon series, I invite you to “Overcome FEAR” when you find yourself getting anxious or worried or fearful. We cannot stop the worries from knocking, but with God’s help we can keep them from moving in.

**Monday 05/04 – [1 John 4:18](#); [Jeremiah 29:11](#)**

Face your fears with faith. The word for fear in scripture can be translated “fear, terror, alarm”. It also translates “awe, reverence”. A simple exercise is to make two columns: “Worry” and “Worship”. Write down in the Worry column whatever your concern, anxiety, fear. In the Worship column, find scripture that helps you to worship instead of worry. For instance, Worry – fear for the future; Worship – Jeremiah 29:11. Read the scripture and allow it’s comfort and assurance to settle into your soul and replace your worry with worship.

**Tuesday 05/05 – [Luke 12:29-32](#); [Philippians 4:6](#)**

Express your anxiety. Luke reminds us that God knows our needs, even before we ask. Philippians 4 encourages us to verbalize our needs and concerns even though God knows them. Lift them to God in prayer. Share them with a close friend or family member. Make use of a journal. Share in your small group.

**Wednesday 05/06 - [Hebrews 6:19-20](#); [Hebrews 4:14-16](#)**

Anchor your life in Christ. Picture Christ on the cross. He knows our suffering. He knows our needs. In Hebrews 4, we are invited to envision the throne of grace as we turn to God for mercy and grace to help us.

**Thursday 05/07 – [Philippians 4:5b-7](#); [Psalm 55:22](#); [James 5:7](#)**

Release your cares to God. The close of verse 5 affirms and reminds us that God is near. Always. As you release your cares to God, be aware that they may try to escape his grip and return. Repeat this step (and the others) as often as needed.

**Friday 05/08** – [Luke 24:36](#)

The disciples are frightened and hiding behind closed doors. It's the day of resurrection! However, that reality had not quite sunk in to them. Sometimes, we have too many fears in the way. Now, as then, Christ is able to enter through the closed doors of our hearts and minds to bring peace. I pray this for each of you and even for myself. The Lord is near – often nearer than we think! And he says time and again, “Peace be with you”.

**Saturday 05/09** – Keep praying for our church family, our community, our world: our older members; medical and health care workers; first-responders; those who are sick; those struggling financially; those having trouble hanging on to hope.